

Course title	Vitamins and minerals – safe supply
Component code	04-03
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Semester	Winter X    Summer X
Content	<p>Vitamins and minerals:</p> <ol style="list-style-type: none"> <li>1. Basic role in the body</li> <li>2. Rich sources in food</li> <li>3. Deficiency symptoms</li> <li>4. Tolerable Upper Intake Levels and symptoms of excessive consumption</li> <li>5. Safe vitamin and mineral diet supplementation</li> </ol>
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ol style="list-style-type: none"> <li>1. To have knowledge about the basic role of vitamins and minerals in the body</li> <li>2. Indicate rich sources of vitamins and minerals in food</li> <li>3. Indicate deficiency symptoms of vitamins and minerals</li> <li>4. Indicate Upper Levels of vitamins and minerals and discuss excessive consumption symptoms</li> <li>5. Explain what safe vitamin and mineral supplementation involves</li> </ol>
Selected literature	<ul style="list-style-type: none"> <li>- publications from the pubmed database</li> <li>- Tolarable Upper intake levels for vitamin and minerals. Scientific Committee on Food. Scientific Panel of Dietetic Products, Nutrition and Allergies. European Food Safety Authority (EFSA), Brussels 2006.</li> </ul>

	<p>- Scientific Opinion on the Tolerable Upper Level of vitamin D. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2012</p>
Teaching tools/methods	<ol style="list-style-type: none"><li>1) Seminary discussion</li><li>2) Test</li></ol>
Form of examination	Test